#### RECEIVED.

2007 JAN 19 A 10: 19

OFFICE OF INTERNATIONAL CORPORATE FINANCE

Securities and Exchange Commission Office Of the International Corporate Finance Room 3094 STOP 3-6 450 Fifth Street N.W. Washington DC 20549



33 Holborn

London ECIN 2HT

Telephone 020 7695 6000 www.j-sainsbury.co.uk

Ext: Fax: 020 7695 6378 020 7695 6378

Date:

09 January 2007

SUPPL

Dear Sir

**USA** 

J Sainsbury Announces: Notification of Transactions of Directors, Persons Discharging Managerial Responsibility or Connected Persons

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 9<sup>th</sup> January 2007.

Yours sincerely

**PROCESSED** 

JAN 2 5 2007

THOMSON FINANCIAL

**Hazel Jarvis** Deputy Secretary

Enc

Di 1124

Registered office as above Registered number 185647 England



· · · · · · · · · · · · · · · · · · ·	
1. Name of the issuer	
J Sainsbury plc	ſ
2. State whether the notification relates to (i) a transaction notified DR 3.1.4R(1)(a); or	in accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section by section 328) of the Companies Act 1985; or	324 (as extended
(iii) both (i) and (ii)	i (
(i)and (ii)	RECEI
3. Name of person discharging managerial responsibilities/director	33 ere
Gary William Hughes	VED TO
4. State whether notification relates to a person connected with a managerial responsibilities/director named in 3 and identify the co	
N/A	i i
5. Indicate whether the notification is in respect of a holding of the in 3 or 4 above or in respect of a non-beneficial interest	! elperson referred to
Gary William Hughes	1 1
6. Description of shares (including class), debentures or derivinstruments relating to shares	atives or financial
Ordinary Shares 28 <sup>4/7</sup> p each	1
7. Name of registered shareholders(s) and, if more than one, the held by each of them	number of shares

8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
87
10. Percentage of issued class acquired (treasury shares of that class should not be
taken into account when calculating percentage)
n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
n/a
12. Percentage of issued class disposed (treasury shares of that class should not be
taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following
notification (any treasury shares should not be taken into account when calculating
percentage)
15,446 ordinary shares
16. Date issuer informed of transaction

the issuer complete the following boxes	
17 Date of grant	
18. Period during which or date on which it can be exercised	
19. Total amount paid (if any) for grant of the option	
20. Description of <i>shares</i> or debentures involved ( <i>class</i> and number)	
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed the time of exercise	i at
22. Total number of shares or debentures over which options held follow notification	ing

If a person discharging managerial responsibilities has been granted options by

1	
23. Any additional information	
Shares purchased under the dividend reinvestment plan.	
24. Name of contact and telephone number for queries	
Hazel Jarvis 0207 695 6378	
Name and signature of duly authorised officer of issuer respon notification	sible for making
Hazel Jarvis	
Date of notification	
9 January 2007	
NOTIFICATION OF TRANSACTIONS OF DIRECTOR DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS	•
DISCHARGING MANAGERIAL RESPONSIBILITY OR	•
DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS	•
DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS  1. Name of the issuer	ĆONNECTED
DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS  1. Name of the issuer  J Sainsbury plc  2. State whether the notification relates to (i) a transaction notified in	<b>CONNECTED</b> n accordance with
DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS  1. Name of the issuer  J Sainsbury plc  2. State whether the notification relates to (i) a transaction notified in DR 3.1.4R(1)(a); or  (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section	<b>CONNECTED</b> n accordance with
DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS  1. Name of the issuer  J Sainsbury plc  2. State whether the notification relates to (i) a transaction notified in DR 3.1.4R(1)(a); or  (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section by section 328) of the Companies Act 1985; or	<b>CONNECTED</b> n accordance with

... ... ... ... ... ... ... ... ...

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the person referred to in 3 or 4 above or in respect of a non-beneficial interest
Michael Andrew Coupe
1
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 <sup>4/7</sup> p each
• • • • • • • • • • • • • • • • • • •
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Michael Andrew Coupe
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
428
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
75,949 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option

20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at
the time of exercise
22. Total number of shares or debentures over which options held following notification
23. Any additional information
Shares purchased under the Dividend Reinvestment Plan
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

1. Name of the issuer	
J Sainsbury plc	
2. State whether the notification relates to (i) a transaction notified in a DR 3.1.4R(1)(a); or	accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 32 by section 328) of the Companies Act 1985; or	4 (as extended
(iii) both (i) and (ii)	
<i>(i)</i>	
3. Name of person discharging managerial responsibilities/director	
Imelda Walsh	
4. State whether notification relates to a person connected with a person managerial responsibilities/director named in 3 and identify the connected with a person connected w	~ ~
n/a	
5. Indicate whether the notification is in respect of a holding of the pe in 3 or 4 above or in respect of a non-beneficial interest	erson referred to
Imelda Walsh	
· !	
6. Description of shares (including class), debentures or derivative instruments relating to shares	ves or financial
Ordinary Shares 28 <sup>4/7</sup> p each	

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
1. Imelda Walsh
2. David Weymouth
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
127 Imelda Walsh
127 David Weymouth
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007

.

.

15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
45,190 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option
20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of <i>shares</i> or debentures over which option notification	ns held	following
23. Any additional information		
Shares purchased under the Dividend Reinvestment Plan		
24. Name of contact and telephone number for queries  Hazel Jarvis 0207 695 6378		
Name and signature of duly authorised officer of issuer respo	nsible fo	or making
notification		, maxing
Hazel Jarvis		
Date of notification	 	
9 January 2007	 	

.......

·
1. Name of the issuer
J Sainsbury plc
·
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
(i) and (ii)
3. Name of person discharging managerial responsibilities/director  Gary William Hughes
Gary William Hughes
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the person referred to in 3 or 4 above or in respect of a non-beneficial interest
Gary William Hughes
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 <sup>4/7</sup> p each
!
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
87
10. Parameters of issued along appringd (transports along of that along should not be
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
n/a
12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
419.955p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
15,446 ordinary shares
16. Date issuer informed of transaction

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option
20. Description of <i>shares</i> or debentures involved ( <i>class</i> and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
22. Total number of <i>shares</i> or debentures over which options held following notification

23. Any additional information
Shares purchased under the dividend reinvestment plan.
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
9 January 2007
NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS
1. Name of the issuer
J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
<i>(i)</i>
3. Name of person discharging managerial responsibilities/director

.. ... ... ... ... ... ... ... ... ...

managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Michael Andrew Coupe
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Michael Andrew Coupe
8 State the nature of the transaction
Purchase
<b>!</b> :
9. Number of shares, debentures or financial instruments relating to shares acquired
428
i !
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
n/a

12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
75,949 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
j
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option

20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
22. Total number of <i>shares</i> or debentures over which options held following notification
<u></u>
23. Any additional information
Shares purchased under the Dividend Reinvestment Plan
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

.

;

PERSONS
1. Name of the issuer
J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
<i>(i)</i>
3. Name of person discharging managerial responsibilities/director
Imelda Walsh
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
n/a
i ·
5. Indicate whether the notification is in respect of a holding of the person referred to in 3 or 4 above or in respect of a non-beneficial interest
Imelda Walsh
6. Description of shares (including class), debentures or derivatives or financia instruments relating to shares
Ordinary Shares 28 <sup>4/7</sup> p each

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
1. Imelda Walsh
2. David Weymouth
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
127 Imelda Walsh
127 David Weymouth
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007

,

15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
45,190 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option
20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of <i>shares</i> or debentures over which optinotification	tions held following
,	
23. Any additional information	1
Shares purchased under the Dividend Reinvestment Plan	!
24. Name of contact and telephone number for queries	
Hazel Jarvis 0207 695 6378	1
Name and signature of duly authorised officer of issuer res notification	ponsible for making
Hazel Jarvis	
Date of notification	<u> </u>
9 January 2007	
	; ; ]

... ... ... ... ... ... ... ... ... ...

1. Name of the issuer	
J Sainsbury plc	! !
· .	
2. State whether the notification relates to (i) a transaction notified $DR \ 3.1.4R(1)(a)$ ; or	in accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section by section 328) of the Companies Act 1985; or	324 (as extended
(iii) both (i) and (ii)	! !
(i)and (ii)	2001 JAN 19
3. Name of person discharging managerial responsibilities/directo	FOR ATERNATION
Gary William Hughes	Sign is
4. State whether notification relates to a person connected with a managerial responsibilities/director named in 3 and identify the co	
N/A	
5. Indicate whether the notification is in respect of a holding of the in 3 or 4 above or in respect of a non-beneficial interest	e person referred to
Gary William Hughes	! !
6. Description of shares (including class), debentures or derivinstruments relating to shares	atives or financial
Ordinary Shares 28 <sup>4/7</sup> p each	
7. Name of registered shareholders(s) and, if more than one, the	i     number of shares

8 State the nature of the transaction
Purchase
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired
87
10. Percentage of issued class acquired (treasury shares of that class should not be
taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
12. Percentage of issued class disposed (treasury shares of that class should not be
taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
419.935p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating
percentage)
15,446 ordinary shares
16. Date issuer informed of transaction

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option
20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
22. Total number of <i>shares</i> or debentures over which options held following notification

23. Any additional information
Shares purchased under the dividend reinvestment plan.
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
9 January 2007
NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS
1. Name of the issuer
J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
<i>(i)</i>
3. Name of person discharging managerial responsibilities/director

......

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the person referred to in 3 or 4 above or in respect of a non-beneficial interest
Michael Andrew Coupe
6. Description of <i>shares</i> (including <i>class</i> ), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Michael Andrew Coupe
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
428
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a
<u>†</u>
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
; !

12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> sho taken into account when calculating percentage)	uld not be
n/a	
13. Price per share or value of transaction	
419.933p	
14. Date and place of transaction	
5 January 2007	
15. Total holding following notification and total percentage holding notification (any treasury shares should not be taken into account when percentage)	
75,949 ordinary shares	
16. Date issuer informed of transaction	
8 January 2007	
If a person discharging managerial responsibilities has been granted opt the issuer complete the following boxes	ions by
17 Date of grant	
18. Period during which or date on which it can be exercised	
19. Total amount paid (if any) for grant of the option	

Hazel Jarvis	
Name and signature of duly authorised officer of issuer responsible for makin notification	ıg
Hazel Jarvis 0207 695 6378	
24. Name of contact and telephone number for queries	
Shares purchased under the Dividend Reinvestment Plan	i
23. Any additional information	
22. Total number of shares or debentures over which options held following notification	ıg
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed the time of exercise	at
<del></del>	
20. Description of shares or debentures involved (class and number)	

1. Name of the issuer	
J Sainsbury plc	
2. State whether the notification relates to (i) a transaction notified in a DR 3.1.4R(1)(a); or	accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 32 by section 328) of the Companies Act 1985; or	4 (as extended
(iii) both (i) and (ii)	
<i>(i)</i>	
3. Name of person discharging managerial responsibilities/director	
Imelda Walsh	
4. State whether notification relates to a person connected with a person managerial responsibilities/director named in 3 and identify the connected with a person connected w	
n/a	
5. Indicate whether the notification is in respect of a holding of the pe in 3 or 4 above or in respect of a non-beneficial interest	erson referred to
Imelda Walsh	
6. Description of shares (including class), debentures or derivative instruments relating to shares	ves or financial
Ordinary Shares 28 <sup>4/7</sup> p each	

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
1. Imelda Walsh
2. David Weymouth
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
127 Imelda Walsh
127 David Weymouth
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
i i
12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007
I

15. Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage)
45,190 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option
20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of shares or debentures over which optionotification	ons held following
······································	
23. Any additional information	1
Shares purchased under the Dividend Reinvestment Plan	
24. Name of contact and telephone number for queries  Hazel Jarvis 0207 695 6378	
Name and signature of duly authorised officer of issuer respe	onsible for making
notification	i i i i i i i i i i i i i i i i i i i
Hazel Jarvis	
	;   
Date of notification	
9 January 2007	}
	i

... ... ... ... ... ... ... ... ... ...

9,30 AM.

## NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer	
J Sainsbury plc	
·	
2. State whether the notification relates to (i) a transaction notified DR 3.1.4R(1)(a); or	in accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section by section 328) of the Companies Act 1985; or	n 324 (as extended
(iii) both (i) and (ii)	
(i)and (ii)	RE 2001 JAN CFFICE OF CORPOR
3. Name of person discharging managerial responsibilities/director	JAN 19 A IC
Gary William Hughes	VED A ID 19 RWATES
4. State whether notification relates to a person connected with a managerial responsibilities/director named in 3 and identify the connected with a managerial responsibilities and identify the connected with a managerial responsibilities and identify the connected with a managerial responsibilities and identify the connected with a managerial responsibilities.	person discharging
N/A	
5. Indicate whether the notification is in respect of a holding of the in 3 or 4 above or in respect of a non-beneficial interest	e person referred to
Gary William Hughes	
6. Description of shares (including class), debentures or derivinstruments relating to shares	vatives or financial
Ordinary Shares 28 <sup>4/7</sup> p each	
7. Name of registered shareholders(s) and, if more than one, the	e number of shares

Purchase
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)  n/a
11. Number of shares, debentures or financial instruments relating to shares disposed $n/a$
12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)  n/a
13. Price per <i>share</i> or value of transaction 419.933p
14. Date and place of transaction 5 January 2007
15. Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage)
15,446 ordinary shares  16. Date issuer informed of transaction

8 State the nature of the transaction

	n person discharging managerial responsibilities has been granted options by issuer complete the following boxes
17	Date of grant
18.	Period during which or date on which it can be exercised
••••	
19.	Total amount paid (if any) for grant of the option
20.	Description of shares or debentures involved (class and number)
••••	
	Exercise price (if fixed at time of grant) or indication that price is to be fixed at time of exercise
	Total number of shares or debentures over which options held following ification

23 Any additional information	
Shares purchased under the dividend reinvestment plan.	
24. Name of contact and telephone number for queries	
Hazel Jarvis 0207 695 6378	
Name and signature of duly authorised officer of issuer responsi notification	ble for making
Hazel Jarvis	
Date of notification	
9 January 2007	
NOTIFICATION OF TRANSACTIONS OF DIRECTORS DISCHARGING MANAGERIAL RESPONSIBILITY OR PERSONS	•
1. Name of the issuer	
J Sainsbury plc	
2. State whether the notification relates to (i) a transaction notified in a DR 3.1.4R(1)(a); or	accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 32 by section 328) of the Companies Act 1985; or	4 (as extended
(iii) both (i) and (ii)	
$\omega$	
3. Name of person discharging managerial responsibilities/director	

.,. .,. ,.. ... ... ... ... ...

Michael Andrew Coupe

12. Percentage of issued class disposed (treasury shares of that a taken into account when calculating percentage)	class should not be
n/a	
13. Price per share or value of transaction	
419.933p	
14. Date and place of transaction	!
5 January 2007	\ 
15. Total holding following notification and total percentage notification (any treasury shares should not be taken into account percentage)	
75,949 ordinary shares	
16 Date issuer informed of transaction	
8 January 2007	·
If a person discharging managerial responsibilities has been grathe issuer complete the following boxes	nted options by
17 Date of grant	
18: Period during which or date on which it can be exercised	
19. Total amount paid (if any) for grant of the option	

!			
20	Description of shares or debentures involved (class and numbe	r)	
		·	
	Exercise price (if fixed at time of grant) or indication that pri time of exercise	ce is to be	fixed at
	Total number of shares or debentures over which option	ns held fo	ollowing
23.	Any additional information		
Sho	ares purchased under the Dividend Reinvestment Plan		
24.	Name of contact and telephone number for queries		
На	zel Jarvis 0207 695 6378		
	me and signature of duly authorised officer of <i>issuer</i> respo	nsible for	making
На	zel Jarvis		

9 January 2007
NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS
1. Name of the issuer
J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
(i)
3. Name of person discharging managerial responsibilities/director
Imelda Walsh
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
n/a
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Imelda Walsh
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 <sup>4/7</sup> p each

Date of notification

7. Name of registered shareholders(s) and, if more than one, the nu held by each of them	mber of shares
1. Imelda Walsh	
2. David Weymouth	
8 State the nature of the transaction	
Purchase	
9. Number of shares, debentures or financial instruments relating to sh	ares acquired
127 Imelda Walsh	
127 David Weymouth	
10 Percentage of issued class acquired (treasury shares of that class taken into account when calculating percentage)	s should not be
n/a	
11. Number of <i>shares</i> , debentures or financial instruments relating to s	hares disposed
n/a	•
12. Percentage of issued class disposed (treasury shares of that class taken into account when calculating percentage)	s should not be
n/a	
13. Price per share or value of transaction	
419.933p	
14. Date and place of transaction	
5 January 2007	

percentage)					
45,190 ordina	ary shares				
16. Date issue	er informed of transactio	on			
8 January 200	07				
	ischarging managerial in the managerial in the managerial in the following both the following both the managerial in the		been granted op	tions by	
17 Date of gra	ant				
	••••••				
,					
18. Period du	ring which or date on wl	hich it can be exerci	sed		
	•••••				ч і
19. Total amo	ount paid (if any) for gra	int of the option			,
	ŀ				
20. Description	on of shares or debentur	es involved ( <i>class</i> a	nd number)		•
				be fixed at	•

22. Total number of <i>shares</i> or debentures over which options held following notification	;
23. Any additional information	
Shares purchased under the Dividend Reinvestment Plan	
24. Name of contact and telephone number for queries	
Hazel Jarvis 0207 695 6378	
Name and signature of duly authorised officer of <i>issuer</i> responsible for making notification	7
Hazel Jarvis	
Date of notification	
9 January 2007	

... ... ... ... ... ... ... ... ...

9.30 AM.

## NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

	İ
1. Name of the issuer	
J Sainsbury plc	
2. State whether the notification relates to (i) a transaction notified DR 3.1.4R(1)(a); or	ed in accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 328) of the Companies Act 1985; or	ion 324 (as extended
(iii) both (i) and (ii)	
(i)and (ii)	2
3. Name of person discharging managerial responsibilities/direction	ZIBN JAH 19 A
Gary William Hughes	A LE R
	D D D
4. State whether notification relates to a <i>person</i> connected with <i>managerial responsibilities/director</i> named in 3 and identify the	
N/A	
5. Indicate whether the notification is in respect of a holding of in 3 or 4 above or in respect of a non-beneficial interest	the person referred to
Gary William Hughes	
6. Description of shares (including class), debentures or de instruments relating to shares	rivatives or financial
Ordinary Shares 28 <sup>4/7</sup> p each	
7. Name of registered shareholders(s) and, if more than one, held by each of them	the number of shares

Gary William Hughes

8 State the nature of the transaction
Purchase
9. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> acquired
87
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
n/a
12. Percentage of issued <i>class</i> disposed ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
417.735p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
15,446 ordinary shares
16. Date issuer informed of transaction

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option
20. Description of shares or dehentures involved (along and number)
20. Description of <i>shares</i> or debentures involved ( <i>class</i> and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
22. Total number of <i>shares</i> or debentures over which options held following notification

23. Any additional information	
Shares purchased under the dividend reinvestment plan.	
24. Name of contact and telephone number for queries  Hazel Jarvis 0207 695 6378	
Name and signature of duly authorised officer of issuer responotification	nsible for making
Hazel Jarvis	
Date of notification  9 January 2007	
NOTIFICATION OF TRANSACTIONS OF DIRECTOR DISCHARGING MANAGERIAL RESPONSIBILITY OF PERSONS	
1 Name of the invest	
1. Name of the issuer	
J Sainsbury plc	
	in accordance with
J Sainsbury plc  2. State whether the notification relates to (i) a transaction notified	
<ul> <li>J Sainsbury plc</li> <li>2. State whether the notification relates to (i) a transaction notified DR 3.1.4R(1)(a); or</li> <li>(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section</li> </ul>	
<ul> <li>J. State whether the notification relates to (i) a transaction notified DR 3.1.4R(1)(a); or</li> <li>(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section by section 328) of the Companies Act 1985; or</li> </ul>	

... ... ... ... ... ... ... ... ... ...

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the person referred to in 3 or 4 above or in respect of a non-beneficial interest
Michael Andrew Coupe
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 <sup>4/7</sup> p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Michael Andrew Coupe
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
428
10. Percentage of issued <i>class</i> acquired ( <i>treasury shares</i> of that <i>class</i> should not be taken into account when calculating percentage)
n/a
11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
n/a
100

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
75,949 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
19. Total amount paid (if any) for grant of the option

20. Description of shares or debentures involved (class and number)
; 1
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
Shares purchased under the Dividend Reinvestment Plan
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

## NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer	1
J Sainsbury plc	
2. State whether the notification relates to (i) a transaction notified DR 3.1.4R(1)(a); or	in accordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section by section 328) of the Companies Act 1985; or	1 324 (as extended
(iii) both (i) and (ii)	}
<i>(i)</i>	
3. Name of person discharging managerial responsibilities/directo	r
Imelda Walsh	
4. State whether notification relates to a person connected with a managerial responsibilities/director named in 3 and identify the connected with a managerial responsibilities of the connected with a managerial responsibiliti	
5. Indicate whether the notification is in respect of a holding of th in 3 or 4 above or in respect of a non-beneficial interest  Imelda Walsh	e person referred to
6. Description of shares (including class), debentures or derivinstruments relating to shares	vatives or financial
Ordinary Shares 28 <sup>47</sup> p each	 

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
1. Imelda Walsh
2. David Weymouth
8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
127 Imelda Walsh
127 David Weymouth
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
419.933p
14. Date and place of transaction
5 January 2007

1

-

15. Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage)
45,190 ordinary shares
16. Date issuer informed of transaction
8 January 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
18. Period during which or date on which it can be exercised
10. Total amount noid (if any) for grant of the ention
19. Total amount paid (if any) for grant of the option
20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of <i>shares</i> or debentures over which option notification	s held	following
23. Any additional information		
Shares purchased under the Dividend Reinvestment Plan		
24. Name of contact and telephone number for queries		
Hazel Jarvis 0207 695 6378		
Name and signature of duly authorised officer of issuer responding	ısible fo	or making
Hazel Jarvis		
Date of notification		
9 January 2007		

... ... ... ... ... ... ... ... ...